

Crunchy Hawaiian Chicken Wrap

Rating: ★★★★★

Prep time: 20 minutes

Makes: 6 Wraps

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Ingredients

- 1/4 cup** light mayonnaise
- 1/8 cup** white vinegar
- 1/4 cup** sugar
- 1 teaspoon** poppy seeds
- 1 1/2 teaspoons** garlic powder
- 1 1/2 teaspoons** onion powder
- 1 1/2 teaspoons** chili powder
- 2 cups** Fresh broccoli, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1/4 cup** Canned crushed pineapple, in 100% juice, drained
- 1 cup** Fresh baby spinach, chopped
- 3 cups** Cooked diced chicken, 1/2" pieces (12 oz)
- 6** Whole-wheat tortillas, 10"

Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	308	
Total Fat	6 g	
Protein	24 g	
Carbohydrates	42 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	408 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	2 ounces

3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Suggestion

Filling may be made up to one day in advance. Assemble wraps when ready to serve.

Notes

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their “Healthy Kids Committee” worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

Mount Lebanon Elementary School

Pendleton, South Carolina

School Team Members

School Nutrition Professional: Vikki Mullinax

Chef: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

Community Member: Kristi Martin (School Nurse)

Student: Chandler W.

Recipes for Healthy Kids Cookbook for Homes